

THE  
S P I R I T  
OF  
M E D I C I N E.

PART the FIRST.

BY  
A B E N Z E B R A.



L O N D O N :

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T O T H E

## Royal College of Physicians.

GENTLEMEN,

I THINK it was in *Arabia* that the healing art first breathed its salutary influence, and having thence spread to less hospitable climes, became, in a long course of peregrination, extended to the voluminous form, in which it now shines so eminently resplendent. The *Phœnix* is supposed to have had its primary existence in those happy regions, and that famous bird, having by some arcana in nature survived all animal calamity, is presumed by some to typify the eminence of Medicine, and for that reason may be supposed to appear as the signature of excellence over the portals of those, who claim a kind of consanguine relation to your illustrious Faculty.

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IT was my happiness to be born in a clime where only the Phœnix reigns, and where Specifics only flourish, where *Avicenna* dictates the mode of Medicine, and where the ashes of that divine bird furnishes us with every requisite material; hence we vainly conclude you not so adept in the occult, because, it is said, that you never rake into the ashes of the dead; our glory is simplicity, your fame seems to essentially depend on the mystery of investigation, problem, &c. while we conceive, that out of the occult springs plainness, as simple nature out of the divine Essence, when the stars first intimated to the human mind an idea of splendor, and the soul of the universe gave birth to being. May the angel of the sun, the bright parent of *Esculapius*, and brother of *Avicenna*, be ever your instructor in the healing Art, and with the honour of presiding here, transmit you hereafter in health of spirit to the radiant embrace of APOLLO.

Aben Zebra.

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## SPIRIT of MEDICINE.

**T**HE Mode of Medicine is only to be considered as a kind of form or order, which those are directed to pursue, who have neither will, abilities or attention to inspect nature, study its powers, or pursue its dictates, through all the variety of constitutions, which habit, accident, climate, luxury, a sedentary life, or violent exercise, forms or fashions in the human frame, and adapting thereto, such plain and obvious means, as a thorough skill in Botany, Chymistry, and the prime causes or principles of malady seem to command.

DIVESTED of age and accident, it rarely happens in any climate, that men are subject to other disease than what plain simples, ever ready at hand, are if used in time an apt and

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proper remedy for ; even luxury and idleness, however they taint the blood, or corrupt the natural stamina, find in these a happy relief, so they be only applied, free of sophistication, and those unmeaning compounds which an attempt at mystery furnishes to infatuate the Doctor and destroy the Patient.

It is for this reason, that in some countries, not polite enough to be fashionable, Medicine is monopolized into the hands of power, and the most eminent in the study of Physic, not permitted, for the sake of gain, to prescribe out of common form, it being well understood, that few diseases essentially vary in their prime causes, and then it only remains to adapt the proportion of remedy to the nature of the constitution, and extent of the evil. In this, and this alone is employed the wisdom and sagacity of that lenient hand from whence the distressed are to expect relief.

In rich commercial countries, where men have more money than wit, and more vices than caution, the wisest and most skilful in Medicine, may be sufficiently perplexed to discover the source of evil ; a compound of  
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ill habits, form a kind of *testium quid*, and produces every day, in appearance, a new and unknown disease ; but even in this case the patient is not to be played tricks with, to be made the subject of experiment at his own expence, when it is more than probable, another subject exactly similar may never present, and therefore no motive of example to practice from.

OUR hospitals give much opportunity for this kind of practice, and if our Physicians were the wiser for it, it might be happy for those who pay for health ; but as we find this not true in practice, we cannot help pitying those whose distressed circumstances subject them to undergo the experiments, and still more those who by such practice both pay and suffer, as it is jumbling together in the same mode of practice, the naturally hale and weak constitution, without forming any kind of judgment, from mere appearances, or often varying the prescription, or certainly knowing, whether any or either of the prescribed Medicines, or the force of nature alone, in despite of opposition, performed the cure.



It is in this light, that the Spirit of Medicine seems to intimate a very different kind of practice, and would probably take place if a desire of preserving health could be made predominate over ignorance and avarice ; if the ingenuous, as well as ingenious, were only allowed to practice Physic, on terms obvious enough to common sense, and common justice ; the preservation of the subject is the benefit of the state ; and though it may often happen that men by their folly in a great measure destroy themselves, it is not politically necessary, their fate should be finished by the error of others, and those have nothing to answer for but applause.

How bodies act, or operate on bodies, is, perhaps in general, very little understood. There has been at times great stress laid upon prime causes, and I think Sir *William Temple* observes, that the prime cause of disease was once the Scurvy. That great man, contrary to his usual turn, puns upon the thought, and conceives the physical reason to be, that patients are subject to scurvy distempers ; it may however happen that many evils result from scorbutic habits, and suppose such the prime cause of various seeming maladies,

yet



yet is even this nominal Scurvy of two very different kinds, the one forming a heated leprous appearance, the other a dead coldness and stagnation of the blood and juices attended with an universal lassitude ; yet is it more than probable, and experiment has evinced in numerous cases, that when a Medicine is found which operates powerfully by stimulation and rarefaction, a patient must be very far gone that in either case misses of a cure ; and I have known sudorifics in both cases have a happy effect, and in some habits blisters ; but these I only mention as partial.

THERE is another kind of disease, which, though it proceeds merely from contaminated air, is usually called the Scurvy, and commonly degenerates into a malignant fever. The course of this is best stopped in time as first abovementioned, and is so very dangerous in its progress, as in Sir *William Temple's* stile, may truly be called a scurvy distemper, and its effects very fatal to all that but taste its effluvia. Acids and vegetable baths are useful ; but a simple vegetable powder used internally has a much more certain effect, and more easily procured.

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I HAVE been something more particular on this head, as formerly the studied in Physic seemed to intimate, this to be the source of all distempers, which though I suppose a mistake, yet were it true, it will necessarily follow, that a Medicine may be universal; and if that be true, then a variety of Medicines, chymical, or galenical, barks, roots or gums useless, and consequently the practice of Physic extended to a very bad purpose, as if from one source all diseases spring, with one Medicine may all diseases be cured; but though I conceive this hypothetically, or to be taken in a lax sense, yet it will not follow, that there are many sources from whence disease springs, and several with different appearances from this climatory habit called the Scurvy, which one simple Medicine may radically cure.

I THINK Dr. *Boerhaave* very truly compares the blood and serum to the yolk and white of an egg. It seems a very plain conclusion, that by whatever violence these fine fluids are accelerated, or stagnated beyond the intention of nature, disorder will necessarily ensue, and in either case very different remedies seem requisite. But if this be the  
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only source of Malady, it contracts the genius of Physic into a very narrow compass, and fixes it to two points only, and then the consequence may be, that if two Medicines may be discovered, that will answer in extraordinary cases, the quantity duly proportioned will answer in all cases; and as the experience and sagacity of the Physician will be equally required to proportion these two Medicines to the strength or weakness of the disorder, and reduced to a more certain judgment, than when his imagination is more forced or extended, it should seem to be more his interest both in respect to gain, reputation, and peace of mind, to adhere to this mode, than to be obliged to contain in his head the whole system of various Dispensaries, not always happily correspondent, leaving him in this case only to study the habit and constitution of his patient; in which perhaps, the Spirit of Medicine more essentially consists, than in the conjuration of drugs and words, which only puzzle his sagacity, while a happy judgment in the beat of the pulse, and a moderate degree of experimental skill in Physiognomy, may determine in favour of the patient, that no Physic at all, is probably the best remedy; but this I speak only *ad referendum*.

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THERE are no doubt many cases where the judgment of the Physician answers very well the purpose of employing him, and was it not, the obligation that he is sometimes under to favour his Pharmacist perhaps he would not prescribe too much ; and if this only affected the rich patient's purse, this pretty manner of circulating money would not be much amiss ; but if it respects the patient's health, it becomes pernicious.

I REMEMBER to have read of a little State under the protection of the Church, where the Physician was employed under the happiest terms of rectitude ; his skill, his reputation, his honour, was all at stake upon the general judgment of how many of the community survived the passing of the Sun through the twelve signs of the Zodiac ; however if any thing extraordinary happened, if he was well with the priest, it was accounted for ; otherwise one other was elected. This, suppose he was a sensible man, had no other bad effect, than the mere making him attentive to his profession ; his fortune, his reputation, his very subsistence depended on attention. And experience ever evinces this truth, that a man with a very moderate



derate capacity, who is constantly attentive to the object in view, is vastly superior to a wild and inattentive genius. A man may be bright, say and do very fine things occasionally, but in no sense balances with the ordinary mind, that rises into the settled sublime, by a constant and regular course of reflection. We see, in a commercial state, amazing effects of wealth, of opulence, purely resulting from this simple principle; and it was the great *Sir Isaac Newton's* opinion, upon a similar argument, that any plain sensible man, could only want attention to be his equal. Perhaps *Sir Isaac* was too modest, or had not bent his enquiries alike, into nature and the stars; but I have no doubt, that a plain honest man, who has his profession thoroughly at heart, will be much safer to trust with the care of my health, if I have not wit enough to take care of my own, than the most eminent genius, without strict honesty, that ever yet practiced under the inspiration of Apollo.

THERE is one point certain, or that seems so, and I wish it was well understood, that suppose Physic, in its very bad and uncertain or rather dishonest state, could be reduced

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into a narrower compass, that is to say, the patients less loaded with discordant drugs, could they chymically reduce the bad into narrower limits, so that the patient's stomach might be less loaded and offended, it would at least be the means of permitting the patient to pass into another state unoppressed.

I HAVE often thought it a good story of *Paracelsus*; he is reported to be a genius, vain, but eminent, a member of the holy Church; had been long attended by the sons of *Esculapius*, and at length resigned to the extreme unction, when *Paracelsus* was called in, was agreed with to perform the cure for an hundred crowns, he gave the patient three minute pills, and he was presently cured; when the priest was recovered, the bargain was disputed; he would give only five crowns. The affair was litigated at law, and the priest insisting, that *Paracelsus* only gave him three sheep's turds, a verdict passed in favour of the defendant; and ever since that time the faculty have made it a point to give the patient Physic enough for his money.

THERE is another point, that to me, to long experience, and to practice, appears equally



It is obvious, it is, that every climate naturally produces Physic, for all distempers incident to that climate, and perhaps for all diseases incident to human nature, and that too in so salutary a way, as may hardly be esteemed Physic; that is to say, such as might be used as common food, without any repugnance of the stomach.

I REMEMBER a man very famous for the cure of a disagreeable distemper produced by contact with infected females. His reputation first resulted from curing such unhappy people as the hospitals had turned out incurable. This man's secret consisted only in the choice of vegetables, and obliging his patients to a very regular habit of living, and he was eminently successful. A friend of mine offered him a thousand pounds for the secret: He answered well, you must first learn to be a Botanist. *bot*

As upon long experience in practice, the professor of Medicine is able to make a happy judgment of the nature and consequence of the disease, so by the study of Botany is he enabled to apply salutary remedies. This in Italy seems to be well understood; Mr.

*Carte*, in his sagacious History of *England*, tells us a story of a man that went to the Pretender to be cured of the King's Evil. The Botanists of *Rome*, who well conceived the nature of terrestrial divinity, and the little good or harm it was capable of effecting, primarily, undertook the man's cure, and managed him so well as apparently to perform it; and when they found their labour, in the course of a happy issue, they recommended him to the Touch, and in a few days after the man appeared very well; not so perfectly cured, but that on his returning to his old course of life, he was in the same state as before: however, this was the Patient's, not the Physician's fault. The cure was said to be performed, merely by dieting. It is hard to eradicate those fixed maladies, as they are generally the effects of venereal poison, and, as it were, associated with the blood from generation to generation. To perfect a cure, requires the like art as to make gold, it must have the regular maturation of ages; in time, the whole system may be altered, and a kind of new body formed by artificial construction: but to this time must be added, resolution and patience, which men, endued with strong passions



passions and vigorous appetites, seldom resolve themselves into.

THERE are various distempers, to which the inhabitants of this clime are subject, that have little to do in their prime causes with the Scurvy, on the contrary, are more usually free from that taint than other people. The *Ague*, or *intermitting Fever*, most usually results from a poorness of living, approximate to moist and marshy places, and may happen in consequence of high living; for which way soever the solids become weakened, and cold and moisture operate superior to the radical heat, the consequence is very evident.

THE cure of this disorder is usually attempted by the Peruvian Bark, without any way accounting for, or analysing its nature and properties. Hence it happens, that no enquiry follows, whether we have not as good or better bark of our own produce, or what is still perhaps more to the purpose, vegetables, of which a much smaller quantity may have a more certain and happier effect, as we rarely find less than an ounce of bark, and often many pounds, requisite, and either by  
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being injudiciously administered, or some way or other improper to the tone of the stomach, attended with very bad consequences.

THE ingenious from this Medicine produce a tincture, and which, if done with judgment, is certainly less dangerous, and more compatible than the gross powder, perhaps not so effectual in all cases, but if early taken, is usually successful without the like inconvenience to the patient, as taking the gross powders.

IN bodies not naturally emaciate, or where this disorder is the effect of a simple accident, a powder is only requisite to break the congelation of those fine fluids that feed and nourish the blood. For this purpose we certainly have of our own produce a vegetable powder, effectual in very small quantity. I have known it operate happily in confirmed cases, and ten grains readily perform, what may by the most sanguine be expected from an ounce of the finest bark.

THE Rheumatism, though perhaps very different from the intermittent, and doctri-  
nated by a very different mode of Practice, I  
have



have known effectually remedied by the same Medicine, though I never knew the Bark applied. The reason of this may be a mystery to many, who reject Nature, to consult Dispensaries. Guaiacum is in this case, equally presumed specific, as the Bark in Agues, and as that in a long course of time, and the aid of constitution, alike effectual, yet as this is a very troublesome and painful disorder, it were to be wished, that the Spirit of Medicine was more consulted; that is to say, what stimulation and rarefaction is capable of effecting, and what Medicine in small quantity is proper to that end. Or if I may be better understood, it may reasonably be wished, that the Physician, instead of moving in the common track, instead of taking this or that for granted, which is only the object of an adventure, he would think a little for himself, and be in some measure conversant in Botany and Chymistry, and therefrom form such practical conclusions, as may tend to singularize him in his pursuits, as I cannot conceive what credit a Physician may acquire by prescribing such remedies only, as every man without study or practice may be equally conversant in; for if a man puts his hand in my purse, takes in exchange

change my money for his advice, I must in Physic, as in Law, and many other cases, expect he should be wiser, not only than me, but than my Proctor, Attorney, or my Apothecary, and consequently should find something more effectual in the respective cases abovementioned, than Guiaicum or Bark.

THE SMALL POX seems to be a kind of radical evil, if some mistake not the prime source, and as it labours gradually up to a crisis, and is eradicated by a kind of evaporation, the remedy cannot be easily mistaken. Innoculation at the same time seems nothing more than a premature formation of this crisis, or the ripening it into perfection. To this purpose the body is critically prepared for the effect, and is the only instance of true medical spirit that I have observed in the whole course of Practice; but the point I am aiming at is yet very different, it is to destroy this malevolent distemper in its seminal state and origin.

THIS distemper very few escape, in any climate, or of any constitution, nor that are subject to its baneful influence, more than once; and therefore may be reasonably conceived



ceived to have its origin in our prime state of existence, in the matrix previous to the birth, and which I have known in some measure demonstrated, from a conjecture that the seeds of this malady exist in the meconium, which when well eradicated at the birth, and the child not permitted any kind of food until the milk of the mother appears, and then for some days that only. So in proportion as this has been well considered, neither have fits, or the Small Pox ensued, to any significant, or dangerous degree.

WHERE this method is not pursued, as from the perverseness of ignorant nurses, who neither study nature, nor will be guided by experience, the preservation of the party essentially depends on timely antidote, to root out gradually as much as possible the latent evil, and though it may be that no remedy is effectual, some may be so partially beneficial as not only to avoid the last consequence, but even to preserve our female faces from this despoiler of beauty, as will more particularly appear in the sequel of this dissertation.

THE JAUNDICE supposed by some to result from an overflow of the Bile, is at once a dangerous and disagreeable distemper, and though I am sensible it often proceeds from other causes, and some of them very pernicious, yet in its first stages as easily cured as an Ague. Of which truth many instances have presented, but when permitted to pursue its progress to an insalutary degree, the best Physician finds as difficult to remedy, as the Surgeon to manage a dangerous Gangrene, or Ulcer, as when once it comes to operate powerfully, it is amazing the ravage it makes in the blood, which, as in some rheumatic cases, is wholly turned to corruption, but of a more poisonous kind ; such as salt, one of the happiest specifics, will rarely operate upon to any effect ; in recent cases, many, especially young people, have been cured in twenty four hours, so as never to return, but when established, is usually too much for the labour and skill of the most ingenious to eradicate ; however this is not impossible, tho' out of the common road of Practice. It was probably this distemper in particular, that in the case of James the first's Queen, baffled all the prime Physicians art, and was with so much facility cured by Sir *Walter Raleigh* ;

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I have some authority for saying so, and that Sir *Walter* was rather a studier of nature, than an *Esculapian* adept in the modern practice. I have experimented what was reported of that great man's nostrum, and have found it surprisingly successful; but my practice in this case having only been upon young people, and in the first stage of the distemper, I can speak no farther.

FEVERS of various kinds, whether resulting from a violent acceleration of the blood rising into frenzy from obstruction in the elastic powers, degenerating into Melancholy, from a superior inaction of corrupt acids or alkalies, or from whatever motive proceeding, it may be readily observed, that if taken care of in time, and the judgment clear in the cause, that only Palliatives are requisite. I have known it in the accelerate kind, cured merely by a passive submission, and rest, the distemper has in due time attained its crisis, from which period the Patient has suddenly returned to ease and health.

I would only deduce from this hint, that as the accelerate and obstructive often resolve into each other, the loading the sto-

mach with drugs is generally very pernicious. It is a kind of war against nature and common sense, and attempting that by an unhappy violence, which generally speaking diluting liquids, and a very small matter of Medicine will readily perform. Phlebotomy and blistering, may, for ought I know, be in some cases requisite ; but as the former is apt to backen the crisis, the other to torture the Patient, they are neither of them adapted to the true genius of Physic ; however I speak of this but partially, for whatever practice, with every consideration annexed, has proved to be just, the powers of reasoning may not controvert, and can only say, that I never yet observed either to be necessary.

THE DROPSY is of all the species of cold disorders the most difficult to eradicate, as it is usually consequent of a relaxation of the solids, which, as generally supposed, must first be recovered back to their pristine tone, before an absolute cure may be performed. The truth is, that in this, or in any other case, where the radical heat is destroyed, an unnatural fluid will resume its place, and when that may be exterminated, and due care taken to administer proper aliment, there is a fair prospect of remedy. It



IT has generally appeared to proceed from a predominate use of improper liquids, that like a gradual poison feed on and weaken the solids, and a disuse of corn aliment. The Buccaniers history furnishes us with various instances, if we had not sufficient nearer home, from every day's experience; when sudorifics, and a proper care to avoid all kind of liquids, as much as possible, for a time, has prov'd effectual.

DAMPIER gives us a very distinct account of his method of cure upon himself. He had lived long without bread, the disease became desperate, and was cured by perspiration, in one of the hot sand baths of Apollo. I remember something like it mentioned of *Diogenes* the Cynic, but he was not so happily cured; his bath, I think, was bran and hot water; but this did not in any sense equal, that regular and continuant course of perspiration intimated by *Dampier*, and it seems difficult for even art to procure the like in this climate; nor indeed does it seem absolutely necessary, as where the solids are not utterly destroyed, and the patient may be content to live a short time by a prescribed rule, the Dropsy of the aqueous kind, is  
not

not so difficult to be mastered, as even our prime Physicians imagine ; I say imagine, for when I see the learned tap for the Dropsy, I must beg their pardon, if I think they are rather prescribing for the purse of the Surgeon than the recovery of the Patient ; at best, this course is but partial. I have known many suffer under this prescription, but none ever cured.

IN ASTHMATIC cases, we find the natural and unnatural moisture, usually resulting from defective intellects, mingled and congealed. To break this congelation, and restore the intestines to their pristine state, is, perhaps, the most difficult attempt, in medical practice, and in the common road, has not, I think, ever yet found a remedy. I shall give some hints, that may lead to the point in view : the cause of Asthma is various, and sometimes complicate ; the swelling of the Lungs is caused usually by a contaminated moisture, that seems requisite first to extract ; and if such extraction fails in the appearances, the next object is the disease of the Liver, to be remedied by an art, not yet in practice. The nature and genius of both these operations will appear in due place.



place. It may suffice here to say, that if one or both of these operations act properly, other interventions will be exterminate of course; and then if the Patient can be persuaded to a very simple regimen, it is something more than probable, that a certain cure may ensue.

IN LEPROUS cases once confirmed, the most powerful remedies are usually of little effect, and yet at first sight appear very obvious, because we conceive nothing more necessary than such kind of aperitives as force a passage through the pores, and open a free way for perspiration. This once effected and judiciously continued, intimates a certain cure; this forces the seed of disease out of the blood, and vegetable bathing clears away the morbid matter. A manner of living adapted to the subject must be duly attended to, which common sense will readily dictate to a rational perception. Every man in the course of nature readily finds what is proper to his constitution; few men are injured by a natural estrangement from rectitude, but there is a perverseness in many, that makes distemper smile at the lenient hand of remedy, and contemns its efficacious

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ous powers; such must pursue their own course, the Spirit of Medicine operates not against irrectitude, but accident or mishap; what may be a perfect remedy for the considerate, little avails the wilful. But as the more fools, the more Physicians, and those who live by this profession, are consequently bettered by folly, if I should in vain advise men to be wise, their being otherwise, will not be of any prejudice to the faculty, however it may happen to the reputation of Medicine.

OBSTRUCTION, is the basis of disease, from whatever cause resulting, but to distinguish the various causes from whence obstruction results, and the necessary remedies, safe and potent, requires an uncommon sagacity, much is to be known from the pulse, much from the countenance, the state of the finer vessels, the urine, &c. but the Physician must learn more from the Patient's mouth, and most of all from experience. The consequence of blows or bruises are often very fatal, and the corrupt blood and serum stagnating in a particular part, equally produces disease, as bad air or irregular living, or even where the seed of distemper



temper enters into our first state of being, and propagates with natural habit. If accidents of this kind are not attended to in time, the consequence is very obvious. I have before me now a very singular instance; the effect of a truss of hay falling on a man from some considerable height; I have been able from time to time to extract surprising quantities of matter, that when lying some time in the air, seem as vitrified in a glass furnace, and seems to grow in the head, almost as fast as extracted. Here, I must confess, the Spirit of Medicine is baffled; so long as this evacuation can be forced, the man may be preserved, and I think the powers applied may be so far effectual, which taken in time, it is more than probable an entire dissipation had ensued. I say more than probable, because several instances have occurred, in recent cases, where the same power has had that happy effect, and where the body has been more apparently injured.

IN all cases where cold simply affects the head, throat, stomach, lungs, &c. stimulation and rarefaction are the operative powers, that answer every effectual purpose,

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loosen the adhesion of the lungs to the pleura, evaporate superfluous moisture, exterminate wandering vapours, break congealed fluids, and by the force of dissipation prevent pains, swellings and cholicky disorders, and in confirmed cases is the most speedy mode of relief, and makes Phlebotomy totally unnecessary.

I AM the more particular in this, as I have observed unaccountable consequences result from the common practice in cold disorders, fevers, lacerations, and I know not what unhappy effects. The head is an extreme delicate part, and partially affected with the minutest accident, so as to distract the order and oeconomy of the human mind, it is supposed the center or adjunction of all the finer vessels, which being in the least pressed affect the whole frame; timely relief in this case is a circumstance to be courted, and to disperse those light fluids, which construct the basis of evil, a matter that merits our warmest attention.

IT is amazing within the circle of the bills of mortality, only, to see the number  
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of people, laid up with swelled faces, quinsies, cholics, and pleuritic fevers, when perhaps a pair of bellows applied to their backsides in time, would have given them immediate relief.

I HAVE heard of a baboon that cured a Cardinal of a Quinsy, not by the use of the bellows, but by the humour of capitation only. A certain king of France was by the operation of the bellows burnt to death; but this was experimenting the powers of rarefaction by a mistaken mode, set all on fire about him, and consumed him in the flames; and the Cardinal was cured by a fit of laughter. This is as happy an instance as may be given of the effect of stimulation in certain cases, where the common course of Practice provides not any other, or so ready, and easy method of dissipating fixed fluids. There are various aromatic powders of our own growth, that would have had the like success, without the accident of laughter, and which in such case, would have given the learning of the Doctor, preference to the merit of the monkey.

THERE is one observation to be made in favour of the Doctor, that I think merits regard, it is, that his making a genteel appearance, and at the same time putting on the face of peruquial gravity, mens vanity, and womens whim, fashion in their minds a desire to be attended by so solemn a seeming entity, and to have the benefit of being associate with apparent wisdom, rather than speedy remedy. This happy turn of thought, at once concludes in favour of the Doctor, and pleasure of the Patient. Delight opens the mind to satisfaction ; satisfaction gives a glowing warmth to the spirits. Hence springs emotion, emotion agitates the vital fluid, the elastic powers operate, obstruction gradually declines, the Doctor's peruke disappears, and the Patient returns to his former state.

THERE was once in *London* a curious artist in the Medical way, though not one of the faculty, who undertook the cure of patients by the spirit of air ; it may seem extraordinary, yet had the appearance of probability, and perhaps success. He had enquired into the quality of the respective climes calculated to decayed constitutions ;  
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that is to say, of *Lisbon, Montpelier, Naples, &c.* His scheme was to bring the salutary air of those places to *London*, and put them in the Tower, or what, as he supposed, amounted to the same thing, to constitute, in rooms for that purpose disposed, such a similarity of ætherial quality, as might answer the same end. This was to be effected by drugs and simples, so matured, and modified by heat, and proportion, as to command any requisite disposition, and as sulphur was supposed to be the principal operator, what could not be extracted from his prepared materials, and set into motion by the aid of fire and water, were to be supplied by native sulphur from *Ætna* or *Vesuvius*.

IN this the *Alchymist* had two very laudable views, the one to cure, the other to cure at home; and consequently at once to bring health to this moist climate, and save the expence of debauchees travelling abroad to no purpose, as it has rarely appeared, that any have been much mended by these kind of whimsical peregrinations, and are chiefly intended to save the Doctor from the dishonour of seeing his patient make his exit,

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IN this light, however our *Alchymist* succeeded, in the quality and disposition of his air. His design evidently intimated himself well disposed, and as those who seek gold by the like motive of the mind, in the course of the process often discover something that in part repays their industry, so it may probably happen, that a thought like this may be the means of future utility. The business being only to familiarise the air, and detain it in safe custody, nor could this gentleman have thought of a more proper place for the purpose, than the Tower of *London*, as the same might be as happily remarkable for the benignant rays of *Apollo*, as for the bloody regimentals of *Mars*, or the destructive iron hands of *Justitia*.

THE great question now in dispute, is, not that which tends most to public utility, but whether the Dispensary practicers, that move by rule and order, or those whose invention so induces them to act, as may give them a distinguished eclat; while one attacks public opinion by the chariot and pair, the other by a kind of succinct declamation proclaims his superior merit.



THE *Physician* and the *Quack* are the general terms, by which they are usually distinguished; but there is a third party, that act in the nature of dragoons, of whom, to speak in figure, may be said to fight horse and foot, that occasionally deal in nostrum, and regular Practice, that as one fails, the other may be as a prop to support their character and dignity. This is hardly fair, but as avarice, or merely a desire to shine, drives men out of all rule and order; and that course answers the main end in view, it seems not requisite to be confined in narrow limits, when the universe is open to the range of Rosicrucian idea.

MY good friend above, whom I have mentioned as a practiser in air, may in some measure be esteemed a dragoon; for altho' as being a Clergyman he might be very sensible that words are but wind, and consequently air the main part of his profession, but as the health of the body and mind, are in their nature apparently distinct, however in some measure dependent, the man who presumes on the cure of both, is evidently a dragoon.

I MEAN

I MEAN not here, that a man is the worse for being a dragoon, as might reflect on my good friend *Doctor James*, it rather expresses an extent of genius; a kind of launching out of dull mechanic practice, to which men of the most shining parts rarely adhere. The only misfortune of this is, that when we affix a general name to distempers of a very different kind, and say, that this, or that nostrum will indistinctly remedy, we recur to my first principle, that various maladies may have one and the same source, and consequently be relieved by one and the same application, but it becomes a singular mistake, when we give to distinct distempers the same denomination.

To apply this reflection, the term *Fever* is universal, but the source of this general evil, in many cases distinct, as a Plethora, or want of nutriment, a contaminated air, or the result of cold, &c. equally produce this general term. The Small Pox, as mentioned before, is another specie of Fever, and though the pleuretic may be generally the result of cold, yet as it sometimes happens from other accident, much more potent remedy may be requisite than in general cases.



Hence it is not very clear, that this ingenious gentleman's specific will remedy every specie of Fever; but if the nostrum and the Doctor both attend, as in-unioned in the dragoon, what the nostrum cannot effect, the Doctor may remedy.

My learned and ingenious friend *Doctor Hill* has considered this, with great attention and sagacity, and has improved upon the simple dragoon by a projection of different nostrums to be applied to each distinct specie of Fever; but whether these, or any of them, have yet obtained the sanction of the Admiralty, or of its council, in this case, the sea-surgeons, I am unapprized; but if we may judge of the Doctor's skill in Medicine, by the usual rule of profit and appearance, he has succeeded to admiration. This Mr. *Baldwin* can as well illustrate on the one part, as Mr. *Newbery* on the other; and neither of these gentlemen's skill in Pharmacy, or their veracity, can be reasonably called in question.

I MUST here beg leave to mention one eminent man more, tho' I do not well know how to place him in this lustrum, as he pre-

tends publicly to the cure of one disease only, and though of a very distinct nature, and his remedies very potent, whether through ill hap, mistaking the distemper, or disapprobation of his Medicine, he seldom hits upon a cure, as I myself, who have considered its powers, am one instance amongst many, the author of *Gotham* another, and so on to a folio volume.

I HAVE not mentioned this disease before, as neither finding it prescribed for in the Dispensary, or characterized by the Medical Moderns. I am aware the reader is impatient to be informed, what this extraordinary malady may be, what the Medicine, and who the Doctor. I cannot help mens impatience who read, that is a distemper, if not peculiar to this clime, as much requires an efficacious remedy, as that, of which I am about to speak.

THE Doctor is certainly a man that has something to do with Medicine, but the reverse of my air Doctor abovementioned; he turned his parts, from attention to the health of the mind, to salutary operations on the body. Him, of whom I am speaking, with  
equal



equal success, seems to neglect the care of our bodies, and prescribes simply to the mind. The disease he sets his heart upon curing, however strong upon them, I never yet knew any that would acknowledge themselves subject to ; but I shall mention something more amazing.

THERE appeared once in the town of *Stamford*, in the county of *Lincoln*, a man possessed of a famous nostrum, for the cure of an incurable malady, usually called the Gout ; but this same man was at the same time so much affected, as neither to be able to stir hand or foot. It is no uncommon instance !

THE parallel is here correct. The Doctor I have been sometime speaking about is in exactly the like situation ; he has dispensed his nostrum to so little purpose, that he cannot even cure himself, and as no one living was ever known to swallow the bitter pill, I perceive not its utility ; however he goes on prescribing monthly. Some of his Patients laugh, some are angry, others conceive it mere matter of form ; and this epidemic disease rages as madly as ever, with-

out even a prospect of relief, on the part of the Doctor, or in favour of his Patient.

THERE are two species of Seculars or Quacks, as of Regulars or Physicians. The one, and him the most eminent, that has some acquaintance with Botany, Chymistry, Pharmacy, &c. that has read *Paracelsus* and *Jacob Behmen*, and bent his attention to something medically sublime. This man may be said to know something; he has not perhaps considered constitution or habit, more than the Dispensary man, but reasons generally, from partial or particular principles; that is to say, for example, obstruction somewhere, puts the human frame in disorder, and concludes, that an obstruction somewhere, is an obstruction any where; and consequently, that whatever Medicine is sufficiently powerful to remove a disorder any where, will certainly reach it somewhere; this is generally speaking the end of his tedder.

THE other is, in this course of happy practice, one who neither has, nor pretends to have any skill in Medicine, other than what he has, perhaps, very good authority  
for;



for ; that is to say, what springs from the labour and experience, of some one or more, long since eminent, but at present with the Regulars out of fashion, as more modern than *Esculapius* and the Sun. But a recipe under the sanction of this distinguished name, falling by some accident into the hands of one, who chuses to be as wise, and as rich as his neighbours, constitutes this second specie of Quackery, no otherwise amiss, than as it may chance to be wrongly applied, but that is to be the care of the purchaser, but reflects not at all on the learning of the Doctor, however it may affect his morals.

THERE is one point, that I conceive has never yet been clearly determined by the learned Medical Moderns, I mean the Academic Regulars ; the question is, Why a man of no learning, in the regular way, can readily cure a horse, while the most learned of the profession are notoriously at a loss about remedies for the diseases of an Ass? The difference in this case seems to be the same as between the Quack and the Physician ; the latter accounts for what he cannot cure, the former cures what he cannot account for. The why and wherefore,  
is

is not the concern of the one, nor a clear and distinct knowledge of remedy the care of the other ; and then it only remains at the patient's option, whether he selects to be operated upon, by form and fashion, or by accident ; nor can the event determine which most eligible, because Dame Nature may at last have proved the best Doctor ; for I cannot conceive, notwithstanding the healing, or killing power of Medicine, why nature and fate should not participate in the reputation of killing, or curing a patient, as either of the said Doctors.

If the doctrine of Medicine be only governed by prescriptive rule, and mode or fashion simply, assume the place of judgment and experience, it will necessarily follow, that genius is of little avail in the Medical Art, nor may inspiration, the soul of genius, operate to any significant effect ; yet when I see a young Physician prescribe, or a juvenile Parson in the pulpit, and am to suppose they are to answer the purpose of their respective professions, I must conclude, that either mere mode or fashion is their guide, or that an inspired genius dictates the doctrine, or prescription, as it may not be reasonably



sonably imagined whence judgment or experience should spring, and without inspiration, or experience, the considerate mind is at a loss to guess what dependence may be, on mere regular practice.

MR. *Le Sage*, in one of his droll observations on the progress of death, gives us a very significant picture of destruction, by placing it in different forms on the wings of his portrait. Upon the one of these wings is war, pestilence, famine, fire, &c. and on the other a covey of young Physicians, that are in the presence of Death to be made Doctors, who gives them the Diploma, having first sworn, they will never practice Medicine, otherwise than at present practiced, intimating that the grave pueriles on the one wing, will by the regularity of their conduct, contribute as much, as those on the other wing, by their varied action, to the common destruction. But I think he carries the sarcasm a little too far, when he represents in one other picture, a young nobleman expiring, notwithstanding he is under the direction of a Doctor of great fame, and as he remarks, it may be, because he is under the direction of that famous Doctor.

MAY

MAY I be permitted to say, that Physicians who practice by a prescribed rule, on all constitutions indistinctly, are as much Quacks, as those who prescribe the same Medicine for different distempers, and perhaps much more so; for as has been observed more, and shall be effectually justified in the sequel, that distemper, seemingly different, may have the like source, and that whatever Medicine is endued with the full power of stimulation and rarefaction, may cure such varied Maladies in any constitution, but it is not quite so clear that a prescribed remedy, for this or that particular disease, may answer the same purpose, by a particular power adapted to that disease, for although general powers may operate in particular cases on all constitutions to good effect, it will not follow, that particular or partial powers will operate alike on all constitutions.

THE *Peruvian Bark* is, I must confess, almost a contradiction to this rule; but even here, the constitution must be first reduced to the Nature of the Medicine, or it proves far from being salutary, and has this in its favour in preference to other adapted Medicine,



Medicine, that the distemper it generally cures, is certainly known and distinguished, which is not usually the case in current disorders ; but here, there needs not celebrated learning, to tell when a Fever intermits, or an Ague shakes the body. These are obvious enough, without so much sagacity as is requisite to strangle a cat ; but in permanent or continuant Fevers, subject to a variety of appearances, their nature, cause and cure is not so certainly known, as to give just reason to depend on an adapted remedy ; suppose that Medicine a specific, and the disease was certainly known, for there is yet one thing more to be considered.

THERE is an old story, however true or not, is apt to the present purpose, as it may give a clear and distinct idea of my meaning to the most ordinary mind. A Welchman ill of some kind of Fever, was, after taking much Physic, cured without the aid of the Doctor, by leeks and toasted cheese. The Doctor informed of this, concluded well enough there might be some latent specific in one, or both of these particulars ; but having tried the experiment

on an Englishman, to whom leeks and cheese were not constitutional, he found himself in a fatal error, and perhaps roast beef might have been a more happy prescription. A propos to this, it seems a fashion at present to prescribe beef-drink to Patients in Fevers: we had this wise doctrine from our neighbours on the other side the Channel, and I should think is more adapt to an English, than to a French constitution, yet is it prescribed indiscriminately, perhaps as properly, as the leeks and cheese. However, I must observe there may be more propriety in it, as the French are much subject to a disease they call the *Pituit*, a kind of slow Fever, that requires nutriment, and to which this prescript is not improperly adapted.

A MAN who has lived to hear the most eminent Physicians called Quacks, and the most eminent Quacks, Physicians, cannot easily, at this time, resign his understanding to mode or opinion. And if the nostrum constitutes the Quack, it seems to me that when such may be obtained, the Physician seldom refuses to patronise it, in which light this invidious term of Quack seems rather



rather the result of envy than propriety. Medical men in high practice laugh at this, but wherever the young Physician acts, and the Apothecary governs, all men are Quacks, who do not prescribe with more freedom than judgment; so I remember Dr. *Radcliff*, a Quack, and many others since his time, and the meaning of the term now seems to be, not the Medicine-monger who cures all diseases, but him who refuses to poison his Patients by the hands of the Apothecary; that is the Man!

IF Quackery be estimated by nostrum, Sir *Hans Sloane* and Dr. *Mead* seem to claim the character, with as happy a grace as any of our modern advertisers, as Dr. *Rock*, Dr. *Lowther*, or any other self-diplomated Doctors. Yet in common sense, the man who can certainly cure any one particular distemper in every constitution, may be esteemed a good Physician, though he never had so much as a distant prospect of *Oxford*, *Cambridge*, *Edinburgh*, &c. as him who discovered, that spirit of salt was the most salutary remedy for the bite of a mad dog, surely merits commendation, though he may no more be able to account for its

mode of operation, than him who first introduced the *Peruvian Bark*, and his judgment only results from the same turn of thought, as him who first dictated *Myrrh* as the grand preservative against corruption; yet might all these reason in their minds, on more sound principles, than those affluent spirits, who divert themselves; and the public, with volumes of hard words, and pretty periods, that usually terminate in nothing but mere amusement.

IN the various order of practice, that from time to time presents, a new scheme appears recommended to public approbation, the labour of the learned Dr. *Theobald*; I have not had the pleasure of perusing this extraordinary performance, but perceive it intended to make every man his own Physician; but whether this notable institution be formed, for universal Doctors, above or under forty years of age, I am not yet apprised. My reason for this enquiry is, that as the proverbs of every nation are usually succinct verities, we *Britons* have as much right to depend on ours as other people, and as it is a known adage, that every man turned of forty, is  
a Fool,



a *Fool*, or a *Physician*. I may be allowed on the credit of that adage to conclude, that the Doctor's plan is limited to the nonage of Physic and wisdom, medically, or intuitively inherent, and am at a loss to guess, whether his plan be an abstract of the Dispensaries, prescriptions from his own experience, or acquired from remote, or occult causes, because in either case it seems to be an affront on us who are turned of forty years of age, as supposing we are not our own Physicians already, but if he writes only to those who are under forty, why then it matters not much from whence he derives his doctrine; and if at last he is so happy, as to make every distinct prescript a nostrum, adapted at once to disease and constitution, I shall beg leave, not only to conclude him a greater man, but also more eminent in the *cabalistic Talismanic onemancy*, than *Cornelius Agrippa*, *Albertus Magnus*, *Baptista Porta*, *Jacob Behmen*, *Raimond Lully*, or him that wrote fifteen volumes in folio, to as wise a purpose as them all put together.

I CANNOT conceive on what principle of reason Dr. *Theobald* presumes to make every man his own *Physician*; even those under

der forty years of age, or to pretend to instruct the world in an art they have long since been perfect masters in, when every day presents to our view, not only salutary Balsamics, sage Tinctures, essential Spirits, Jesuit's Drops, Caustic Alkali, Dropsy Powders, Fistula Paste, White Drop, Red Drop, Bitter Pill, Blue Pill, Trochees of Long Life, Anti-febriles, &c. &c. besides the Medical Musæum, Dr. *Newbery*, Dr. *Daffy*, Dr. *Anderson*, Dr. *Lowther*, &c. &c. who are publishers of absolute Specifics, which every man has at command, and can be cured at pleasure; now as absolute certainty is the soul of nostrum, and in this universal scientific Medical Metropolis, always at hand, for the purpose of health, there seems not any necessity for Diplomatiques, Apothecaries, or Books, the Medicinal Warehouses furnish all that is necessary, and seem to claim pre-eminence, as generally deduced from antique prescripts; and therefore command veneration, and that every man who is ill, knowing that he is sick, and generally what made him so, may readily prescribe to himself, from the respective advertisements, what at once best suits his distemper and constitution.



ARCANA in Phyfic, as Myftery in Law and Divinity, as it makes fcience dear, and fees prepofterous, naturally induces men of acute wits, and warm imaginations, to make free with fcience, and when men find the remedy as good for a penny as a pound, and know, or fancy they know, what they have for their money, they will all neceffarily become diffenters from the eftablifhed mode, and rather confider the Phyfician as a man of fashion, than a man of fkill, and this more efpecially when they obferve young men pretend to that experience, which age and affiduity united, rarely attains, to any tolerable degree of perfection.

IF we were as tenacious here of the health of the people, as in *Spain* of preferving their language pure and unfophifticated, and if at the fame time any probable means could be eftablifhed, to make fees moderate, Medicine reafonable, and only fkilful men prefcribe; that is to fay, if we could make that arbitrary, which is free, and that lawful, which no law may regularly command, we might be as happy in this refpect by the force of power, as are the inhabitants of the little ftate of *Ragusa*

*gusa* by immemorial custom, and tho' I am not aware how the like rule might operate in more populous places, I am apprehensive, that if a Physician was paid by the state, to attend any division of the Town, and that only, it is probable that even our folly would not always be attended with the same fatal effects as at present; that is, men would not be so readily destroyed, by careless advice, and bad, or improper Medicine, the Spirit of Medicine would operate on our purses, as well as our health; and though some men cannot only afford, but have a pleasure in paying high, the generality are often as much injured by the cure as by the malady.

THIS seems an evil, as difficult to remedy, as the itch of scribbling, but what neither law, nor policy, can or will aid us in, generally comes out by a kind of providence, to give us relief; for as when the scribbler fails in the profit of his labour, by the abundance of the like attempts, his purpose is not answered, so in the Practice of Physic, many engaging gluts the market, and makes it worth the while of very few, to study Medicine as a science, or pursue it  
merely





asthma, pleurisy, epilepsy, rheumatism, dropsy, jaundice, intermitting, pretermitt-  
ing, slow, acute, and an hundred other fe-  
vers and distempers, that superabound terms  
of art, or common colloquy to discuss; but  
if this was only the case, and the cause of  
disorder bounded in so narrow a sphere, it  
may be imagined that very few remedies,  
potent in their kind, might answer all the  
purpose of science, except that in such case,  
Medicine would not be any science at all, nor  
the Apothecary, a trade worth following,  
the Druggist, the Chymist, &c. at a loss to  
live, and only the patient happy in surviving  
a torment, that harms him more than his  
disease.

I SHALL conclude this brief dissertation  
with a trite story, which the reader may reflect  
on in what light he pleases. Dr. *Radcliff* had a  
favourite servant, who was suddenly taken  
extreme ill, and the Doctor coming to attend  
him, in order to prescribe for his recovery,  
the man said, My good master, permit me to  
ask you one favour. With all my heart, re-  
plied the Doctor, pray what may it be? It is  
only Sir, to let me die a natural death, and  
not be poisoned by the *Apothecary*.

E N D of the FIRST PART.



## P O S T S C R I P T.

**M**Y printer came to me this morning, with a very grave face, and paid me so many compliments on the excellence of this little Performance, as plainly indicated some meaning; as he spoke, I studied his countenance, and perceiving he wanted something, I asked him what it was? He answered, the favour of advertizing a *Specific* at the tail of the Book; he said, he should not have desired it, but being told, that I was an *Arabian*, that the Medicine was originally of my country, and that it had cured here at least an hundred thousand people, he thought its being so placed would not demean my labour. I took time to consider his petition, and finding the same to be true, so far as my enquiry extended, the said printer has my licence to advertise as requested.

ABEN ZEBRA.

## A D V E R T I S E M E N T.

**T**HE Royal Patent Medicinal Snuff, so well known to the ancients, under the characteristic of the *Pulvis Phanicæ*, the universal Specific in all maladies the result of cold, fix'd air, or wandering Vapours, whence spring Agues, Asthmas, Cholics, Dropsies, Dysenteries, Epilepsies, Faintings, Gout, Stone, Swimmings, Swellings in  
the

the face and neck, Stitches in the breast and side, Pleurifies, Quinsies, Indigestions, and a variety of other disorders, to which our tender frame, and careless manner of living, are subject. And its operative powers are so strong and forcible, the quantity prescribed so minute, so safe and salutary, as gives it an infinite preference to all other general Medicines. The ancients ever used it as their last resource whenever accident required, or weakness of the intellects by an unhappy habit, demanded quick redress, as where blows, bruises, or sudden cold, endangered stagnation, and as a sovereign antidote against pestilential vapours; its stimulative and rarefactive qualities are amazing, even to those who prepare it, and whether as other Medicines, or as Snuff, has never yet been known to fail of a due and happy effect. Prepared as usual, and Sold Wholesale and Retail, by JOSEPH LEIGH, at the *Acorn* in *Woodstreet, Spittalsfields*; in Papers sufficient in general cases at One Shilling, and in Boxes, as best preserved, to take Abroad, or use in the Country, at any Price, in proportion, required.

F I N I S.

ERRATUM. Page 3. line 1. for *testium*, read *tertium*.